

## Chicken

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# Chicken with Caramelized Pears

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**Servings: 4**

**Start to Finish Time: 30 minutes**

**4 (6-ounce each) boneless/ skinless chicken breast halves**  
**1/2 teaspoon salt**  
**1/2 teaspoon pepper**  
**3 tablespoons butter**  
**1 medium red onion, halved and thinly sliced**  
**2 medium pears, thinly sliced**  
**2 teaspoons brown sugar**  
**1/2 cup balsamic vinaigrette**  
**1/2 teaspoon dried thyme**  
**2 packages (8.8 oz each) ready-to-serve long grain and wild rice**

Sprinkle the chicken with salt and pepper.

In a large skillet, brown the chicken in butter. Remove and keep warm.

Saute' the onion in the same skillet until tender.

Add the pears and brown sugar. Cook 3 minutes longer. Stir in the vinaigrette and thyme.

Return the chicken to the skillet. Bring to a boil. Reduce the heat and simmer, uncovered, for 4 to 6 minutes or until chicken juices run clear.

Meanwhile, cook the rice according to package directions. Serve with the chicken.

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Per Serving (excluding unknown items): 147 Calories; 9g Fat (52.1% calories from fat); 1g Protein; 18g Carbohydrate; 3g Dietary Fiber; 23mg Cholesterol; 356mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.